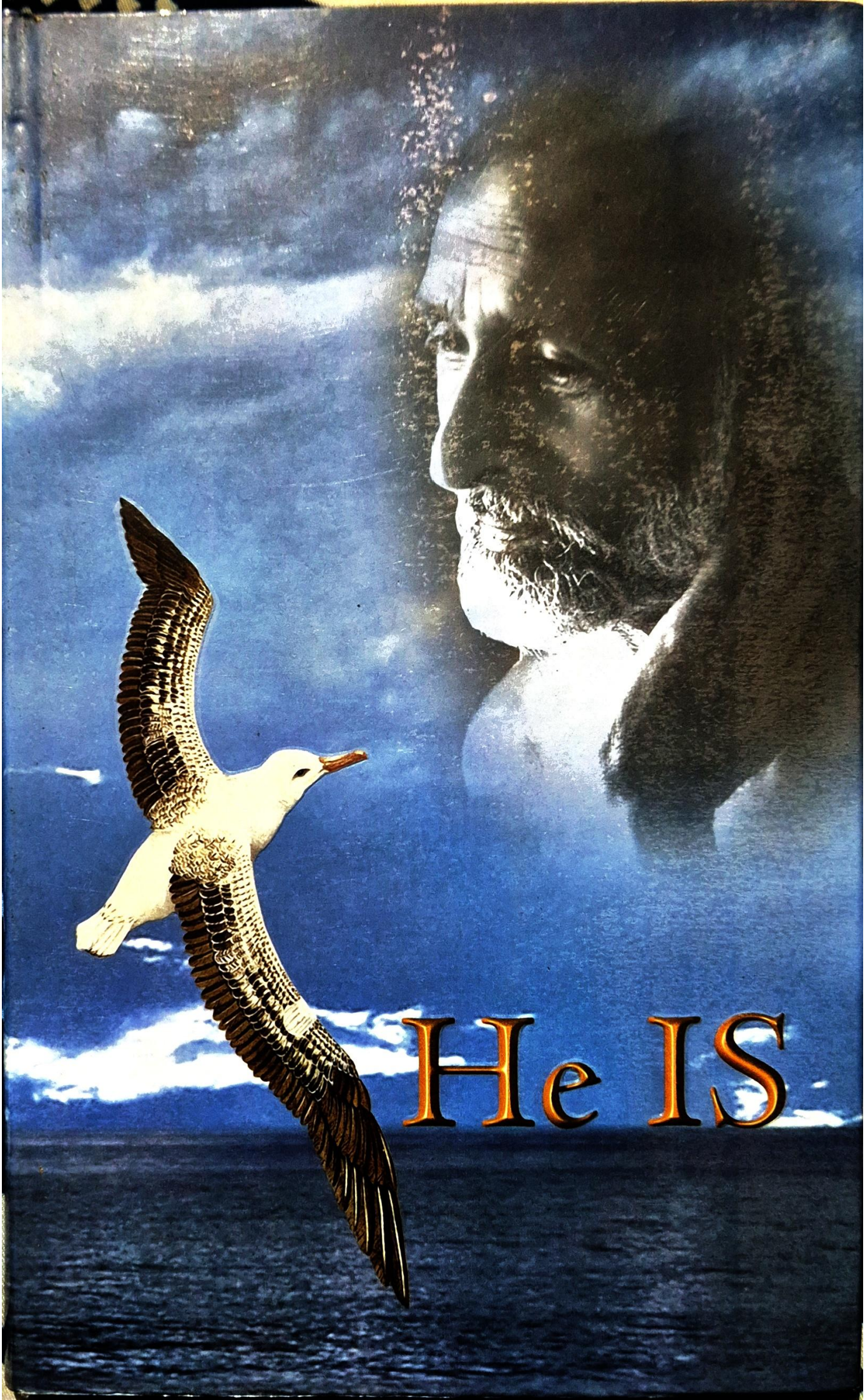

He IS

Now... You See...

A telling tale

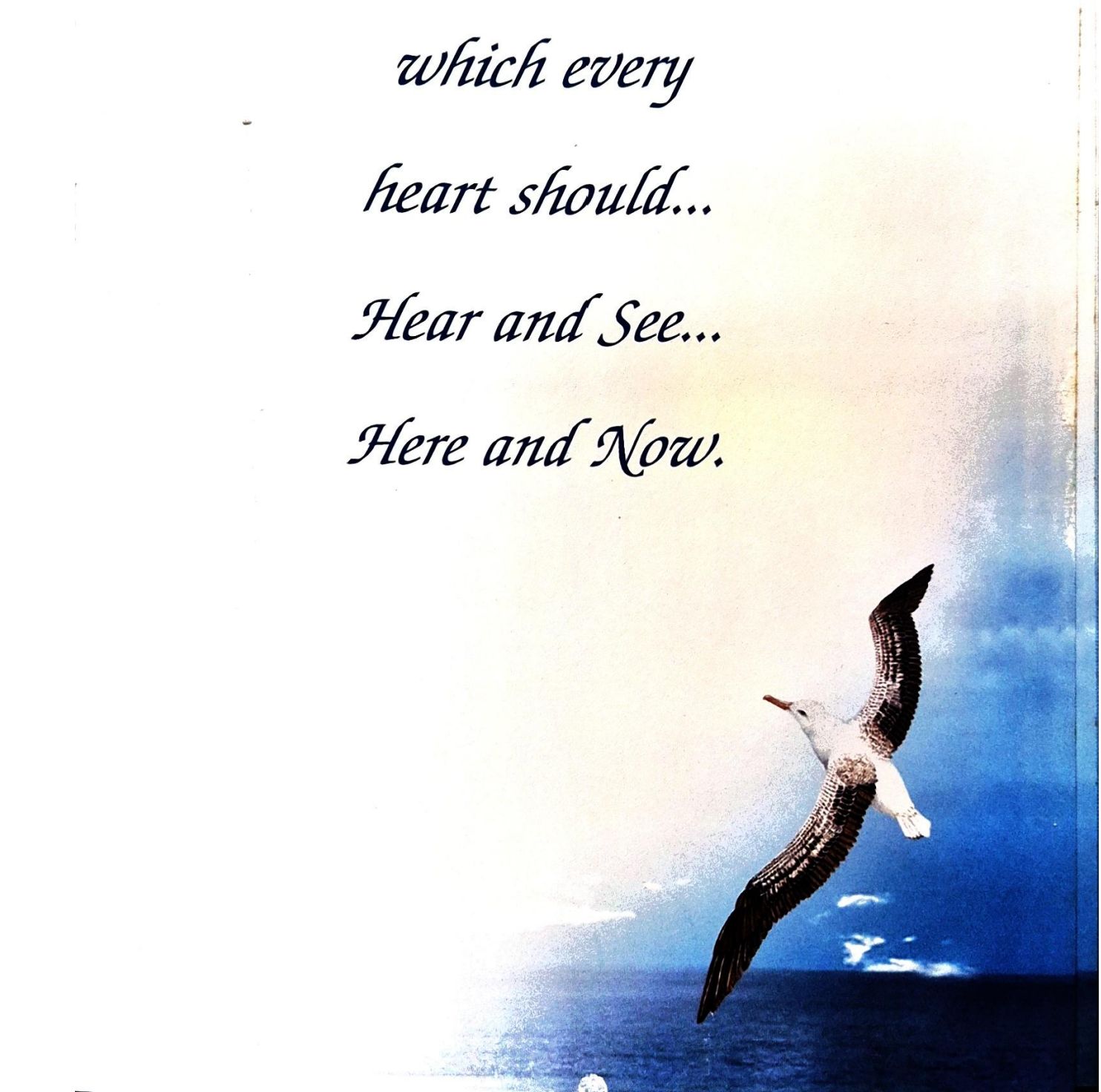
of two Hearts

which every

heart should...

Hear and See...

Here and Now.

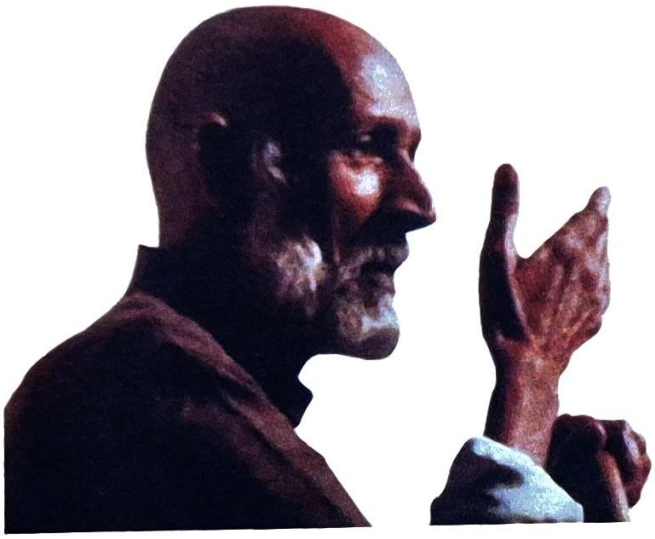


He IS

Reality *is* ***what IS.*** *What* ***was*** *cannot be Reality,* ***what is going to be*** *cannot be Reality, because one has passed off, and the other is not yet. This brought me to the important idea of the Master and God.*

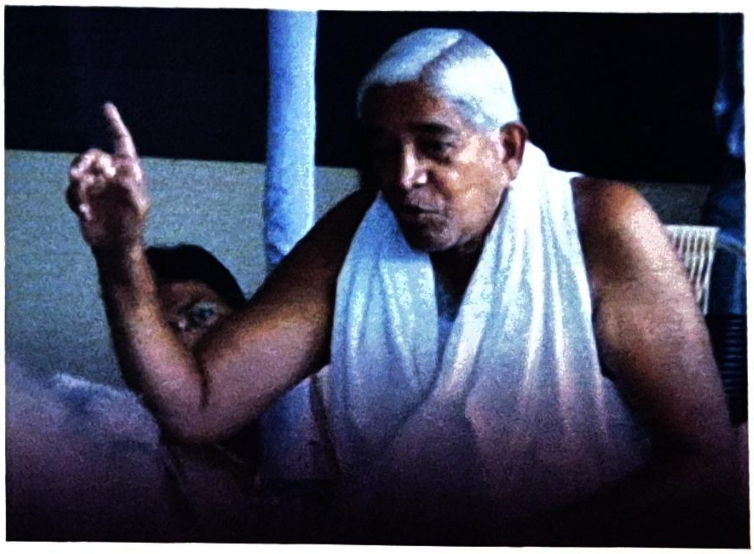
Whether God ***is*** *or* ***not,*** *is not the question. Is He* ***IS*** *to you? If not, He is not. Therefore sensible spirituality takes up and foolish religion denies, a* ***Master****. Spirituality says, "This guy, whatever he may be, is Real. He is there. He* ***IS*** *to you. What He is, is not the consideration. He* ***IS.*** *Accept Him. Through him, now try to realize that which He is putting before you as goal, with His guidance, with His help."*

- Parthasarathi Rajagopalachari



"Now, I am Telling you ...

"Love Him Who Loves all."



"So you see...

"Love all whom HE Loves"

God

"Now, I am Telling you...

God is omnipotent in Its circumferential range, but tends to nothing in Its centripetal range. The attributes – omnipotent, omnipresent and omniscient – attached to God are simply to decorate the abstract with the qualities, so that we may be able to proceed from quality to substance. But the Absolute is free from all attributes which comes to Nothingness which we aspire for.

"So you see...

In Sahaj Marg God is Nothing. He is not a person, He is not a place, He is not a thing. He does not fulfill the classical definition of noun. He has no location in space. He has no existence in time. He has no attributes. He is nothing. Now who can give you that, except one who is a Master in giving you Nothing?

The Guru

"Now, I am Telling you...

The help of a Guru or Master is essential and indispensable for those engaged in spiritual pursuit.

Guru is the connecting link between God and man. It is through his medium only that we can reach god. He is the only power that can extricate us from the intricacies of the Path.

"So you see...

It is clear that without the help of an external force, you may call him a Master, or a Guru or anything you like – the removal of the burden of the past is impossible by our own effort.

When Masters come to us, it is the Almighty Himself who comes to us. It is in a form which we can recognize, in a form which we can learn to love, from which we can receive teachings.

Religion & Spirituality

"Now, I am Telling you...

The end of religion is the beginning of spirituality; the end of spirituality is the beginning of Reality and the end of Reality is the real Bliss. When that too is gone, we have reached the destination.

"So you see...

Religion enforces an externalization of the mind in man's search for God. Mysticism or Spirituality internalizes the search and directs the mind to the heart of man where the search should really commence.

The Change

"Now, I am Telling you...

The conditions which an aspirant usually goes through are changing, and it must be, change being essential to bring in the state of Changelessness.

"So you see...

When a man such as my Master wills a change, it is not accidental. It is intentional. It is specific. It is controlled, much more than any laboratory experiment has ever been controlled so far.

Heart

"Now, I am Telling you...

All these thoughts were due to the heart, and subsequently all your actions will be governed and regulated by this thing only at the first step, wrongly, if unwisely directed, correctly, if properly directed. It means that it is the master of them all. It is the controlling agency in itself. This is the condition of your heart within you. It is working in different ways and colours. The main artery of Almighty with the idea of creation is working through it. The pendulum-like movement in your heart is nothing but the effect of invisible motion below the Centre. Our heart, being in touch with that invisible motion, plays the same part in its own place according to its own capacity. Thus its function is almost the same as that of the invisible motion. Lo! The visible form of the Godly invisible motion. It is a drop of the ocean.

"So you see...

Notwithstanding our superb achievements in the material field, in the technological fields, the fields of science, there is a field in us unploughed, unsowed, unfertilized, unreaped – the Heart of man, the heart of human being.

Heart is the seat of Divinity. It is that by which human life, the human character is defined. It is that which governs life, in that, if it is there, we exist, if it stops we cease to exist. It is the point from which the blood circulation starts and stops.

It is with the ear of this that we should listen, it is with this that we should speak to Him through the mouth of the heart and ultimately it is here (heart) that we should enshrine Him, make this His Residence, so that He never leaves us again. That is the ultimate union.

Evolution

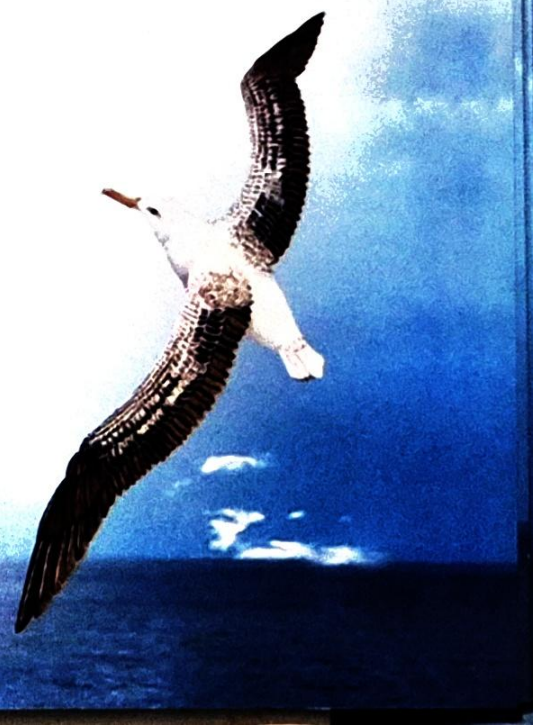
"Now, I am Telling you...

If we want our evolution, it is incumbent upon us to make a goal for its highest pitch, so that our Littleness may swell in Broadness. This is really the purpose of the purpose and purpose after purpose till it is also lost.

"So you see...

It seems as if we have been given an opportunity to decide whether we will evolve or not, because after we cross the human level, Nature does not want unwilling participants anymore, only willing participants are accepted.

An enormous level of evolution is there below us, and equally enormous levels of evolution are there beyond us, but in between we are stuck in some sort of a layer where evolution has to be by our wish.



Liberation

"Now, I am Telling you...

The popular belief that the attainment of liberation is not only difficult but also impossible within the span of one life is a mistaken notion. Who knows, this very life of ours might be the last one to bring us to the level of liberation. Indeed our great Master has boldly asserted that one can, for sure, attain liberation in this very life, nay, even in a part of it, provided one is really earnest about it and has the fortune of having a proper guide.

"So you see...

In Sahaj Marg terms liberation is indeed of a far higher level than the traditional religious emancipation labeled "mukti" or "moksha", both of which generally refer to a state of salvation from which there is no return to the physical plane of existence.

Real freedom is that state when you are not conscious of either freedom or bondage.

Death

"Now, I am Telling you...

Death does not solve the problems of life, but it creates intricacies for the next life,. It sends one to another state in order that one may not feel the continuity of trouble. There must be some pause between this life and the next one. In other words death is the preparation for the next life to come. If a man be kept for years in a gloomy dungeon, he will require a change to go again into it. Fools die and not the saints. They are everlasting in their own regime. So death is a value for the other troubled persons. For the saints it is an unrevealed object.

The agony of death becomes bitter only when the idea of body sense is present. When that too is gone there remains then the soul-idea to be forgotten. When that too is gone for good, you have secured the Union and the idea of existence is extinct.

"So you see...

In spirituality, death is only there when we have not decided to go on beyond death but to come back because of our fears, because of our attachments. If you have been able to clean yourself of all your samskaras and through meditation, create a greater and greater illumination in yourself through the divine presence that is eternally there, there is no death for us.

Soul

"Now, I am Telling you...

At the time of total dissolution every soul will reach the Source. But as we want to enter into that state in this very birth, so in order to save that period we start functioning forthwith to reach the Source.

The process of the creation of souls has not come to an end. The new sparks are coming from the fire and also sparks from the sparks.

Every soul has its own identity and each soul continues to transmigrate till liberated.

"So you see...

While the body exists by the soul, the soul has to exist by something else, which has to be infused into it by a guru who has command over the powers of Nature and is therefore called a saint. The guru by virtue of his connection with the Ultimate, what you call Brahmalaya in Sanskrit, is able to transmit that energy into the heart, recoup the soul and make it flower again.

The Inner Voice

"Now, I am Telling you...

The inner voice is in fact the voice of the mind in its perfectly pure state. Unless the mind is cleared of all pollutions and defilements and is brought to a state of perfect Peace and moderation, it can never reflect the inner voice. In fact for one whose mind is perfectly pure, it is his inner voice alone that always speaks and the impulse from highly developed souls continue to flow to him continuously.

"So you see...

Until we have access to this still and silent presence within, and have developed the capacity to listen to that still voice, and have developed, more importantly, the courage to abide by its directions – courage because we do not know where it is taking us – it is an unfolding of a plan which is not revealed to us.

Saintliness

"Now, I am Telling you...

Proper use of faculty is saintliness.

"So you see...

Every faculty inbuilt in man has its legitimate function, and must be used in the performance of that function. Sahaj Marg therefore does not teach or prescribe celibacy but it does teach that a normalization of the generative function is essential. It is in the world of the family that almost all of man's powers are perfected, including such diverse ones as the capacity for love, the capacity for renunciation, the capacity for taking on responsibility, the capacity for social function in a group and so on.

Dreams

"Now, I am Telling you...

We should never trust in dreams. Generally they turn out to be wrong in interpretation. I have also had many such dreams which were not divine in nature. And of course they should not be included in our writings. Please do not be troubled by this.

"So you see...

It is true that man realises that the dreams he has during sleep are merely illusions, fantasies of the mind. It is sad that few persons realise that man dreams when he is awake too, and that such waking dreams are not merely more than those during sleep, but also more dangerous, since they are treated as hope, aspiration, and often taken as promises for the future too. Promises held out in dreams cannot be real promises, and one who bases his expectations on them is doomed to total disappointment.

Will

"Now, I am Telling you...

Will is not a will that does not work. Doubt is the poison to the will. So there is my pet sentence, "If anybody wants to give poison to his will, have doubts."

"So you see...

God made us equal. He gave us the same goal. He gave us the same powers. He gave us the same will-power to start with, without which we can do nothing. If you utilize it, you are no different from what you are going to be. If you don't you are going to remain here for ever and ever.

Not Amen.

Restlessness

"Now, I am Telling you...

I had that pain-longing, craving or restlessness, as one may be pleased to call it, so dear to my heart that for it I could sacrifice even thousands of lives of mine.

The only thing wanted for the Divine path is the burning heart which might burn down the weeds and bushes on the path. You are to be what you really are and pain is a proof of it, and restlessness its fore-runner.

"So you see...

This pain is not of this world. It is a pain born with us. It is a pain created by the soul's longing to return to its Source, to its Original Home and until we do that, this pain cannot go.

Nothingness

"Now, I am Telling you...

When we think of going higher, we forget our own base, i.e., individuality. If we do not lose ourself at one point, the other point remains in obscurity. If the idea of individuality is not lost we are not there full-fledged, and we remain there where we are. When we got into the depth of the Being, we naturally lose individuality as its natural effect and this is the result of our process. Lose and then gain, or here losing is gaining. When we get entry into it where there is nothingness and have settled there, individuality bids farewell for good. Mind can think of one at one time. If you are with individuality you cannot go further. Really we have to ungrip the individuality to reach the true state of Being – Nothingness.

"So you see...

This is the funny thing in Sahaj Marg – that to get nothing I must want nothing. Wanting nothing, I must go to somebody who is nothing, who has nothing, and try to get from him the nothing that he has. For the first time in human history, we have an institution, we have a guide who says, "Come to me for nothing, I give you nothing. You take back nothing with you."

Because when this nothingness has been received, we are nothing – yet full, complete.

Pain

"Now, I am Telling you...

Peace is the characteristic of the soul while unrest, the opposite of peace, is that of the body. But we ourselves were the doers of all this, and this was our own work. Now the outburst which resulted from these actions and counter-actions appeared to us in the form of sufferings and miseries. If we somehow cease supplying them with power, they will begin to wither away like unwatered plants. This can become possible only when we divert our thought, which is associated with body-consciousness, towards the soul. The things which, through our wrong doings, have assumed the form of miseries and afflictions will begin to wither away, or shall be over-influenced by the effect of superior consciousness. They shall in course of time be entirely cleared and their outbursts also cease. Man will then be in a state of soul-consciousness which was originally enlivened by the effect of Divine will..

"So you see...

Until we realise this fact, that pain is a sign of liberation, we are going to avoid pain, therefore we are going to avoid liberation.

We must understand that pain is love. That pain is necessary. That more and more pain is more and more love. That infinite pain is God himself. And that when I am able to embrace pain and put into myself, throwing away the circumstances which gave me that pain, there is the possibility that I shall finally embrace God Himself. And that is the consummation of this Divine love affair.

Faith

"Now, I am Telling you...

Faith , in true sense, is a lively link connecting the mortal and the Immortal.

True faith is really an unspeakable virtue which is beyond the scope of religion, it is the dauntless courage which leads us on to the success, it is that ubiquitous force which makes our path smooth, it is in fact the only thing that solves our problem of life.

Faith in reality, faith in right course you have adopted for realization, faith in the worthy Master whom you have submitted to, this is the rock upon which you must build your edifice of spirituality if you really aim at success. You will thereby be possessed of an internal force, strong enough to shatter all the forces of evil that might be surrounding you. It will help you to draw fresh divine impulse whenever you require it.

"So you see...

Every act of Faith in some mysterious way releases His powers, with or without His consciousness. It is not necessary that the Master should be conscious of what is going on. So it is a faith in Faith itself. Because when we have no faith in Faith, we cannot have Faith.

If we really love Him and if we believe with our hearts that He loves us, there is no need to trust, there is no need for Faith, there is no need for anything. He has to give as much as I have to receive, but in the right time, in the right way, in the only way which He knows is right for us! Therefore that is the ultimate Faith. If at all there is any Faith, it is Faith that He knows what to do and when to do it.

Surrender

"Now, I am Telling you...

We practice Bhakti or devotion in order to achieve communion with the Supreme Master. We look upon Him with faith and reverence. By degrees we become so closely intimate to Him that every other object loses prominence in our eyes. This is submission to the will of the Master, or in other words, the beginning of self-surrender.

Self-surrender is nothing but a state of complete resignation to the will of the Master, with total disregard of self. When we surrender ourselves to the Master we begin to attract a constant flow of the highest Divine force from Him.

In this state a man thinks or does only that which is his Master's will. He feels nothing in the world to be his belonging but everything as a sacred trust from the Master and he does everything, thinking it to be his Master's bidding. His will becomes completely subservient to the will of the Master.

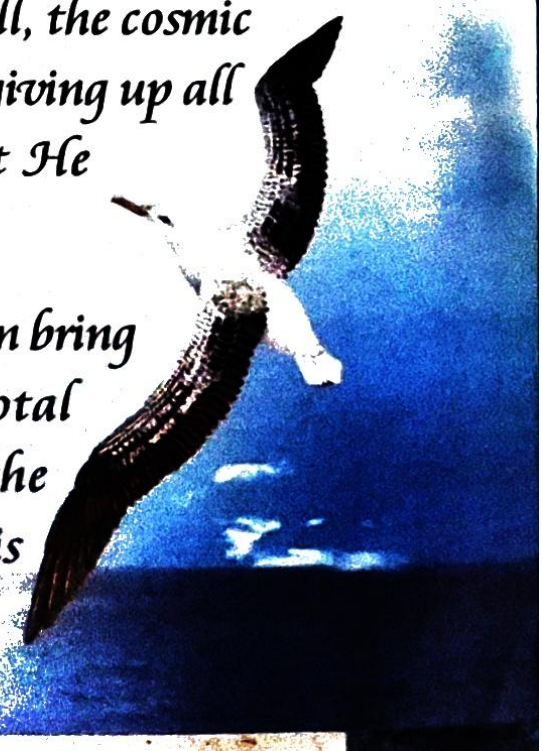
"So you see...

For surrender, the process starts from faith, or even earlier, from trust. Trust crossing its own boundary becomes faith; faith when it crosses its own boundary becomes love; and love when it crosses its own boundary becomes surrender.

Surrender can never be an act of will, because the will is a manifestation of the ego. Surrender can only result from a moment of illumination, when I recognize His Presence.

What we have thought of as loss of freedom is really nothing but a state of surrender to the Master's will. Be passive and let the Guru do what He wants, because if you are going to struggle, you are going to make his work more difficult. As we surrender our lower will, the cosmic will comes into play. Surrender means giving up all ideas of choice and doing only what He wants us to do.

Only our surrendering to Him can bring about a state where He can take total charge of us. One who surrenders the whole achieves the Whole of what he is seeking.



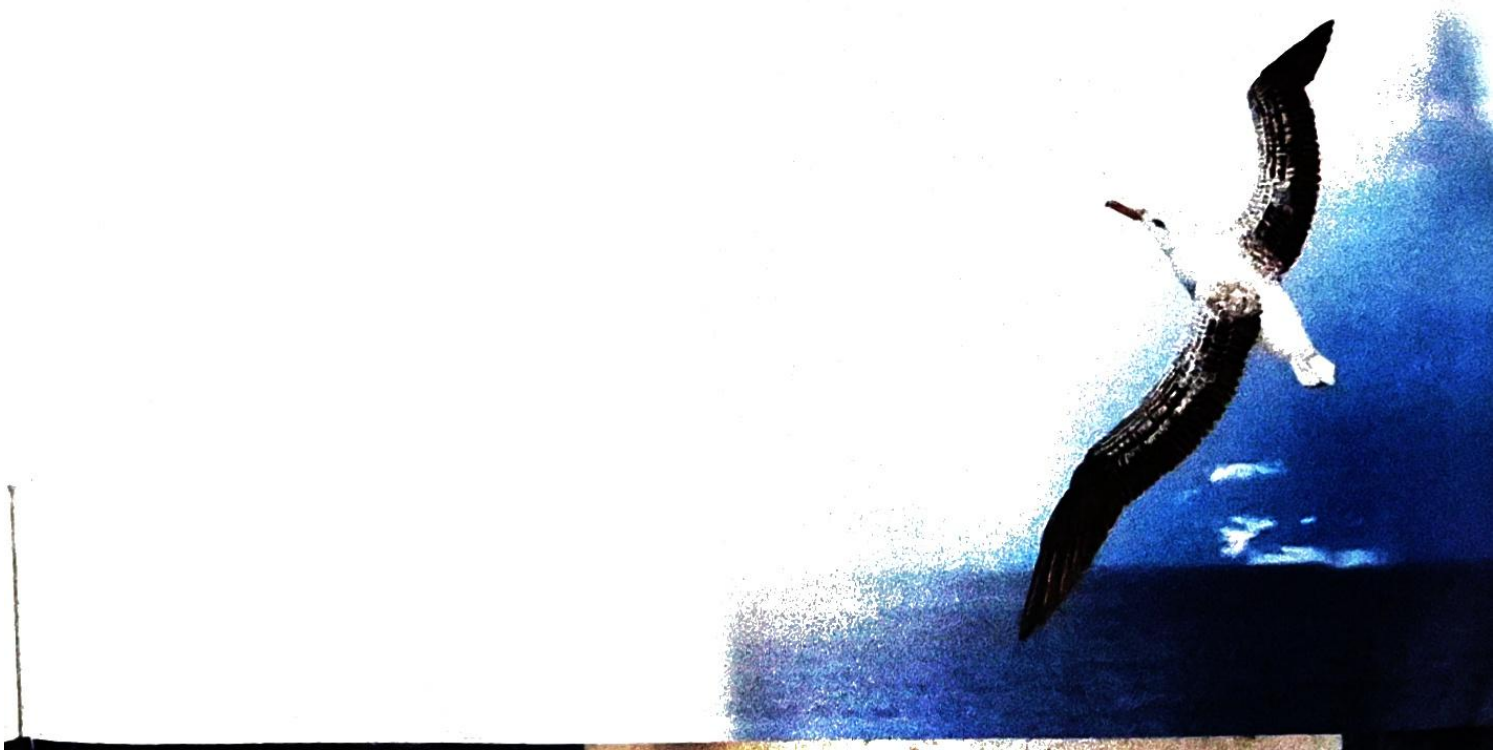
Samadhi

"Now, I am Telling you...

The real state of Samadhi is that in which we remain attached with Reality, pure and simple, every moment, no matter if we are busy all the time with our worldly work and duties. It is known as Sahaj Samadhi, one of the highest attainments, and the basis of nirvana. Its merits cannot be described in words but it can be realised by one who abides in it. It is not so easy as its name denotes.

"So you see...

A state of existence called Sahaj Samadhi or natural Samadhi is, where, while the individual exists at a stage of consciousness which may be said to be superhuman, or non-human if you prefer it, the lower mind or the normal human mind also continues to be aware of all that is going on around it, but without being affected by the environment in any way.



Grace

"Now, I am Telling you...

God's grace sets into motion for him who makes himself deserving of it. It is therefore of utmost importance for every one to look to his own making, with a living consciousness in his heart of the Ultimate Object he means to aspire for.

"So you see...

Where our human beings, with the love for the Divinity in their heart, one Goal, One Master, One Mission, One Method in their hearts; when they gather, the Divine Grace of my Beloved Master must descend – MUST. Because it is waiting, Grace is ever waiting to descend, like a mother is waiting to shower her love like a father is waiting to shower his generosity.

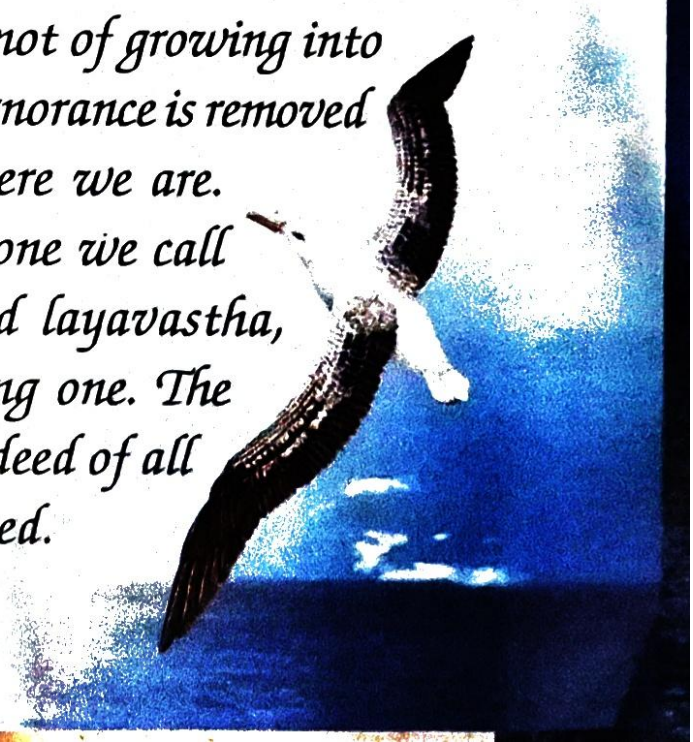
Mergence

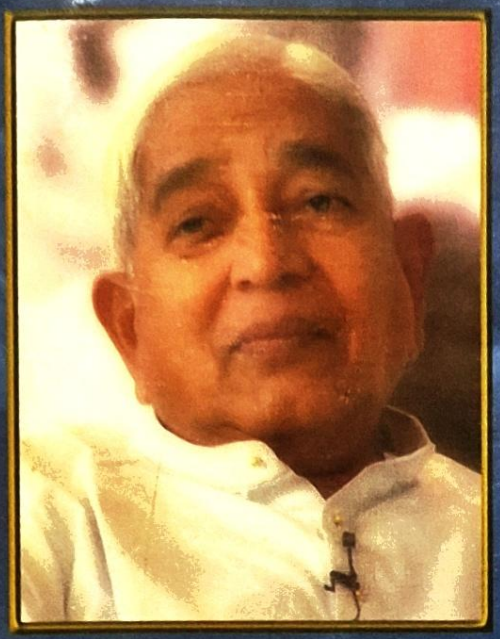
"Now, I am Telling you...

I give you a true indication of layavastha, which ultimately comes after toilsome journey. Where "I" is totally gone, and when you speak that word it refers to none... i.e., neither to the soul nor to the body and nor to God. There is something after as well, which is not at all possible to be expressed in words. However, it can only be said that this is the stage where you make laya of layavastha itself. Now you are benumbed and senseless, and at the same time the knower of almost everything. My dear, if I say anything further, people may call me a dunce. So my prayer is, "May the day dawn when the living souls may come to know of it."

"So you see...

When the Master merges with his servant, his devotee, his lover, each has become the other. That is the beauty of the spiritual ultimacy, the ultimate goal of spiritual endeavour, the merger, the layavastha, that not only do I become him and become complete, he becomes me and completes that thing. In the real love, who is the beloved? Who is the lover? And when that love is finally united together in one grand culmination, of oneness by mergence each into the other, the lover is gone, the beloved is gone, even loving is gone. Then comes the unified unity of existence which knows nothing, not even its own identity, not even its own existence. Now we are at the Goal. Where we have realised that the Master in me, and the Master outside me, and I, we are all same. It is an act of realisation, not of becoming, not of growing into something. The ultimate veil of ignorance is removed from our consciousness, and there we are. Therefore the final state is the one we call merger, in Sanskrit it is called layavastha, becoming one. The two becoming one. The grand climax of spiritual life, indeed of all life, is that Merger in the Beloved.





Pujyashri
Parthasarathi Rajagopalachari

This small booklet contains some of the many basic teachings of Masters of Sahaj Marg system of meditation offered by Shri Ram Chandra Mission, with its World Headquarters, at Chennai.

The teachings of Shri Ram Chandra (lovingly called as Babuji), the Founder - President of the Mission, begin with His oft-repeated loving phrase -
"Now, I am telling You...
The teachings of
Shri P. Rajagopalachariji , the Disciple of Babuji, the present Spiritual Guide and President of Shri Ram Chandra Mission, start with his oft-repeated emphasising phrase -
"So you see...
This book is an attempt to show how the two Masters mirror each other in their Essence.

Shri Ram Chandra Mission
World Headquarters, Chennai.